Ordering Replacement Parts

If you encounter any problems with this product, or if you need to order replacement parts contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

Tel: Country Code:

0345-089009

Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WLEMBE32101)
- The NAME of the product (WELSO® 500 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 14 of this manual).

Part No. 171788 R0401A

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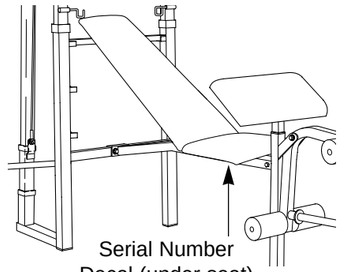
Model No. WLEMBE32101
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:

0345-089009

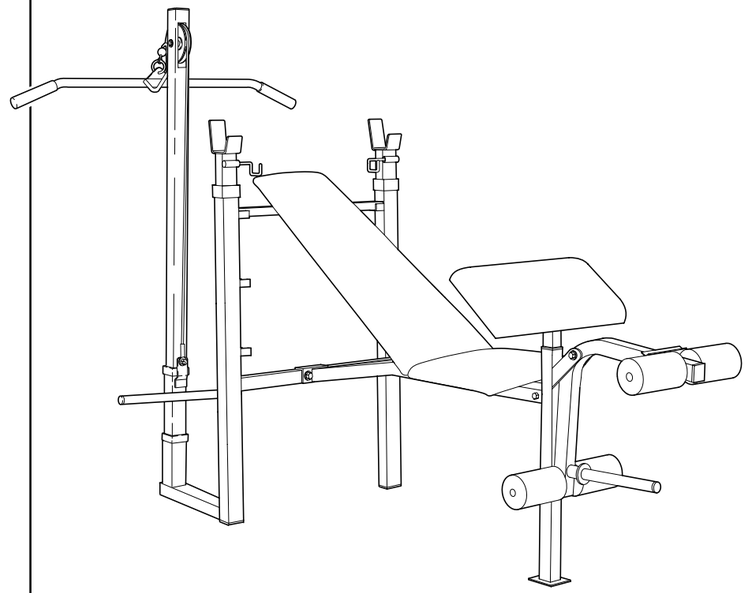
Or WRITE:
ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

WESLO®
bench
500

USER'S MANUAL



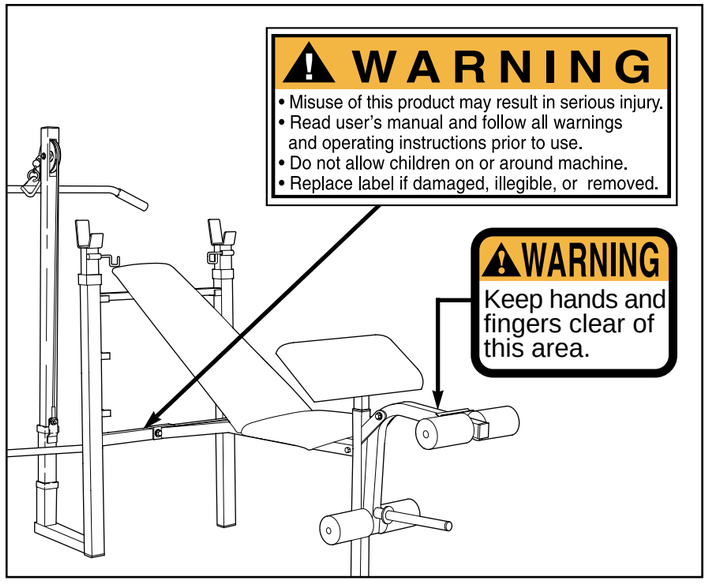
Visit our website at
www.weslo.com

Table of Contents

Warning Decal Placement 2
Important Precautions 3
Before You Begin 4
Part Identification Chart 5
Assembly 6
Using the Weight Bench 10
Exercise Guidelines 12
Part List 14
Exploded Drawing 15
Ordering Replacement Parts . . . . . Back Cover

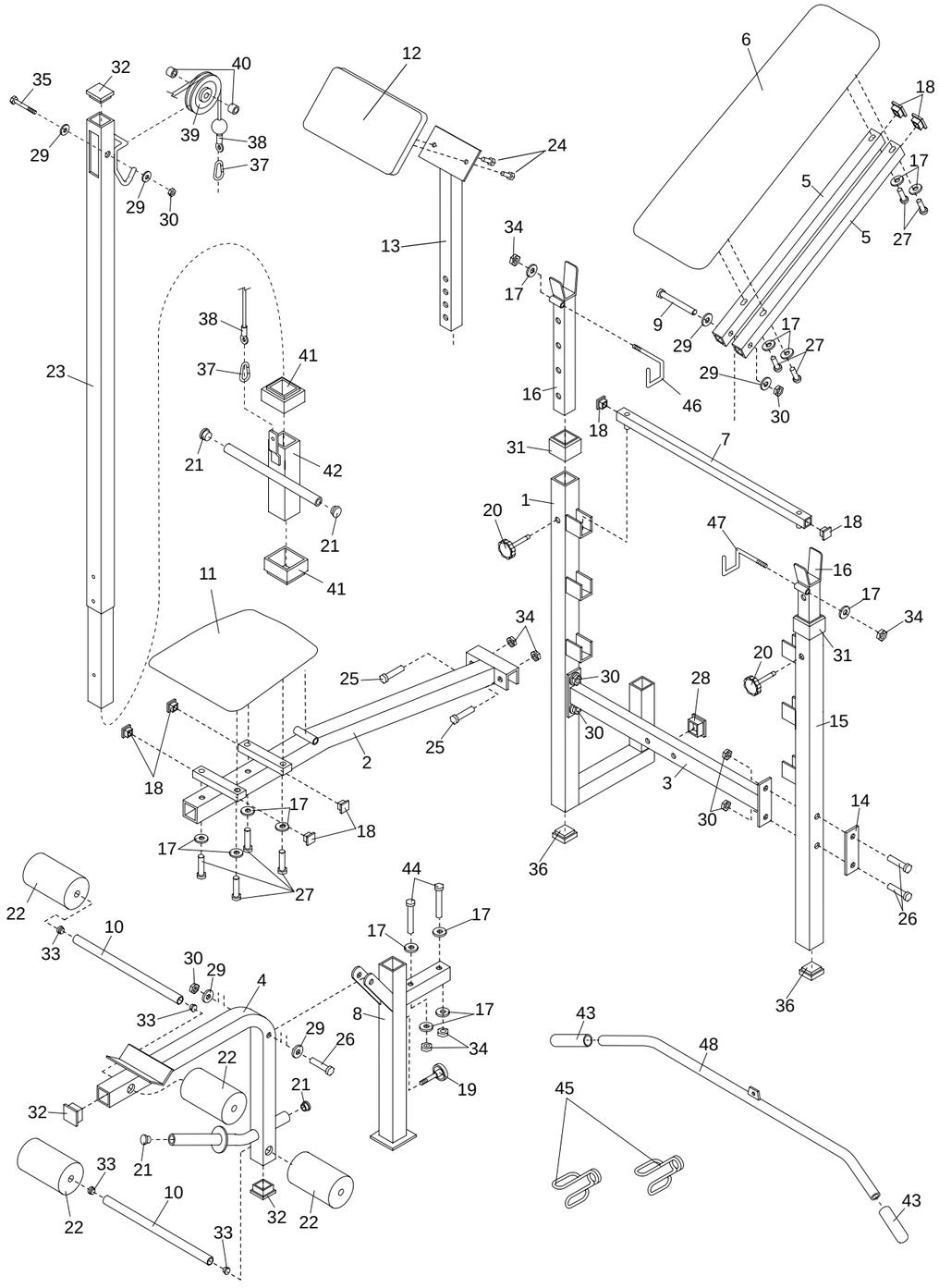
Warning Decal Placement

The decals shown below have been placed on the weight bench. If either decal is missing or illegible, please call our Customer Service Department to order a free replacement decal. Apply the replacement decal in the location shown.


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.
WARNING
Keep hands and fingers clear of this area.

WESLO is a registered trademark of ICON Health & Fitness, Inc.

Exploded Drawing—Model No. WLEMBE32101 R0401A



Part List—Model No. WLEMBE32101 R0401A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Upright	26	5	M10 x 70mm Bolt
2	1	Frame	27	8	M8 x 40mm Bolt
3	1	Crossbar	28	1	45mm x 45mm Square Inner Cap
4	1	Leg Lever	29	6	M10 Washer
5	2	Backrest Tube	30	7	M10 Nylon Locknut
6	1	Backrest	31	2	50mm Square Bushing
7	1	Support Tube	32	3	38mm Square Inner Cap
8	1	Front Leg	33	4	19mm Round Inner Cap
9	1	M10 x 130mm Bolt	34	6	M8 Nylon Locknut
10	2	Pad Tube	35	1	M10 x 52mm Bolt
11	1	Seat	36	2	50mm x 50mm Square Inner Cap
12	1	Curl Pad	37	2	Cable Clip
13	1	Curl Upright	38	1	Cable
14	2	Support Plate	39	1	Pulley
15	1	Left Upright	40	2	Pulley Spacer
16	2	Weight Rest	41	2	Carriage Bushing
17	14	M8 Washer	42	1	Weight Carriage
18	8	1” Square Inner Cap	43	2	Grip
19	1	Small Threaded Knob	44	2	M8 x 50mm Bolt
20	2	Large Threaded Knob	45	2	Spring Clip
21	4	25.4mm Round Inner Cap	46	1	Right Barbell Hook
22	4	Foam Pad	47	1	Left Barbell Hook
23	1	Lat Tower	48	1	Lat Bar
24	2	M6 x 16mm Screw	#	1	User’s Manual
25	2	M8 x 55mm Bolt			

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

Important Precautions

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
5. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight bench at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **Do not use a barbell (not included) longer than five feet with the weight bench.**
10. **Always make sure there is an equal amount of weight on each side of your barbell.**
11. **The weight bench is designed to support a maximum of 160 kg, including the user, a barbell, and weights. Do not place more than 68 kg, including a barbell and weights, on the weight rests. Do not place more than 50 kg on the weight carriage. Do not place more than 22 kg on the leg lever for normal use. The leg lever can support 68 kg when stationary.**
12. **When using the backrest, make sure the support tube is fully inserted into the adjustment brackets on the uprights.**
13. **Always remove the lat tower or curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 11).**
14. **When performing an exercise whilst sitting on the bench with your back to the lat tower, make sure there is plenty of space between your back and the weight carriage. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.**
15. **Always set both weight rests at the same height. The large threaded knob must always be inserted through both the weight rest and the upright and firmly tightened. Never tighten the knob into an upright and then set a weight rest in the upright on top of the knob.**
16. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
17. **When you are using the leg lever, place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.**
18. **When you are changing weights, always secure the barbell with the barbell hooks to help prevent it from falling off the bench.**

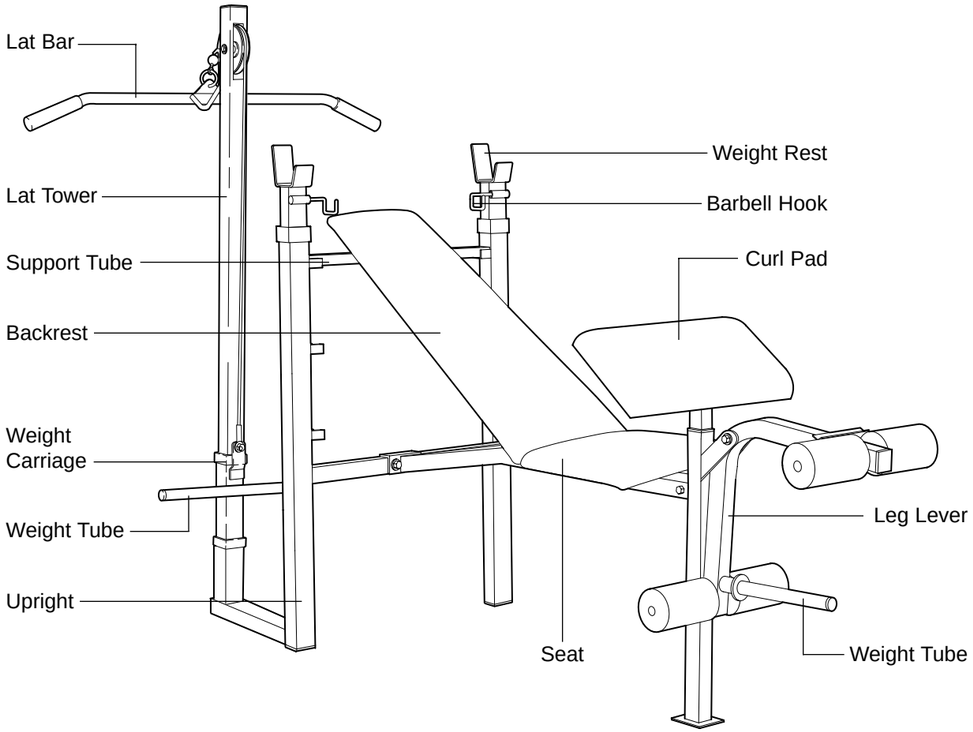
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

Thank you for selecting the versatile WESLO® 500 weight bench. The WESLO® 500 weight bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WESLO® 500 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WESLO® 500 weight bench. If you have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLEMBE32101. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

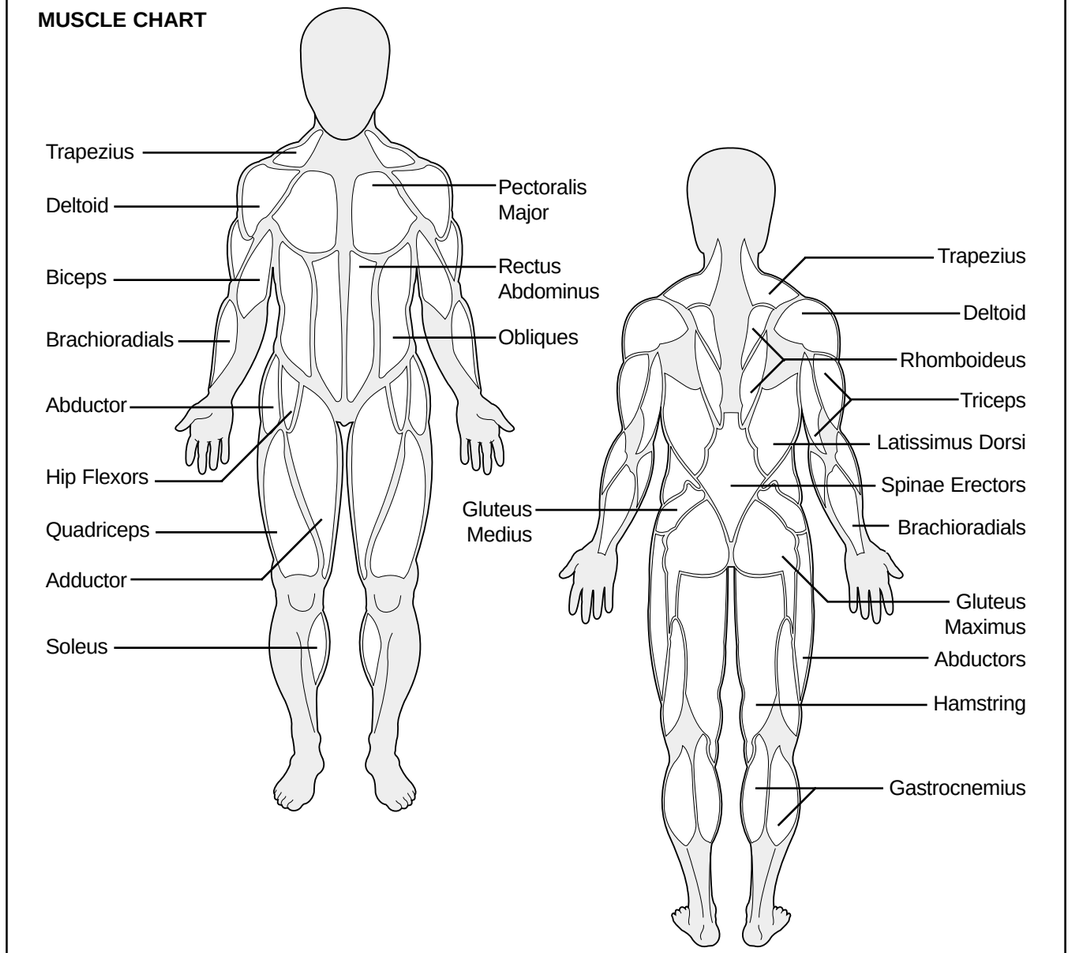
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, exercises performed, weight and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles continue to adapt and grow. Each exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

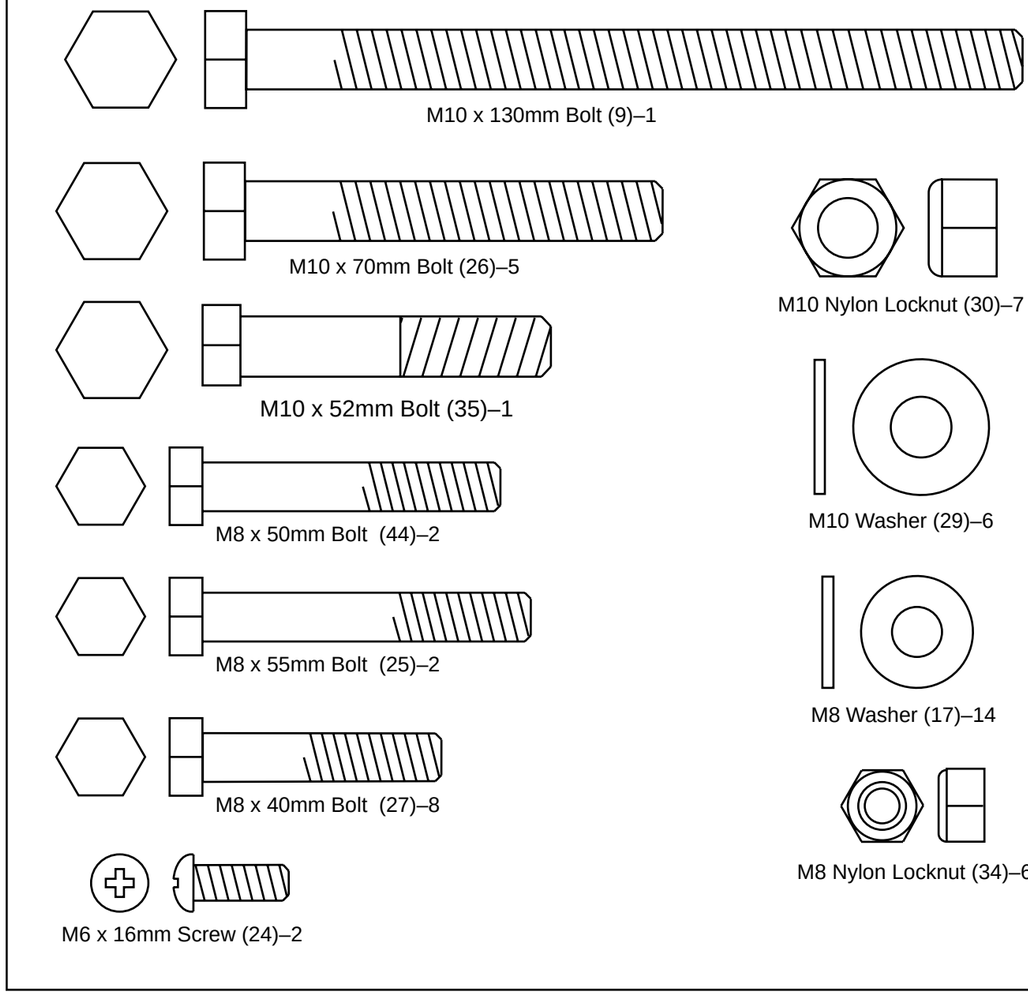
In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on the next page to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale

Part Identification Chart

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.


M10 x 130mm Bolt (9)–1
M10 x 70mm Bolt (26)–5
M10 Nylon Locknut (30)–7
M10 x 52mm Bolt (35)–1
M10 Washer (29)–6
M8 x 50mm Bolt (44)–2
M8 x 55mm Bolt (25)–2
M8 Washer (17)–14
M8 x 40mm Bolt (27)–8
M8 Nylon Locknut (34)–6
M6 x 16mm Screw (24)–2

Assembly

Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on the page 5.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

A socket set, a set of end spanners, or a set of ratchet spanners is recommended.

If further assistance is needed, please call our Customer Service Department at 0345–089009.

1. **Before assembling this product, make sure you understand the information in the box above.**

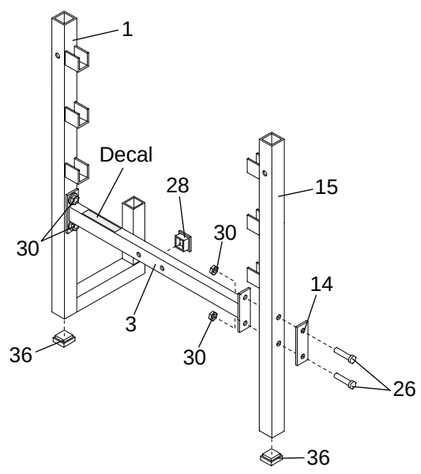
   Press a 50mm x 50mm Square Inner Cap (36) into the lower end of each Upright (1, 15). Press a 45mm x 45mm Square Inner Cap (28) into the end of the base of the Right Upright (1).

   Orient the Crossbar (3) with the warning decal facing up as shown. Attach the Crossbar to the Left Upright (15) with two M10 x 70mm Bolts (26), a Support Plate (14) and two M10 Nylon Locknuts (30). **The Upright must be oriented as shown.**

   Attach the Crossbar (3) to Right Upright (1) in the same manner.

2. Attach the Frame (2) to the welded bracket on the Front Leg (8) with two M8 x 50mm Bolts (44), four M8 Washers (17) and two M8 Nylon Locknuts (34).

1



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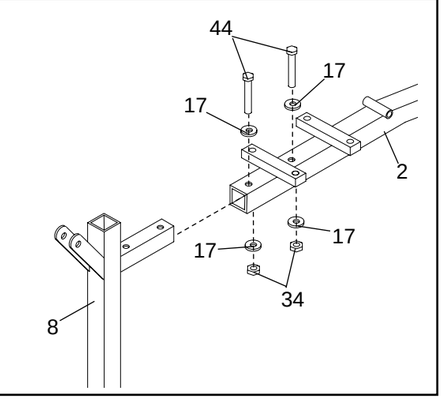


ATTACHING THE CURL UPRIGHT OR LAT TOWER

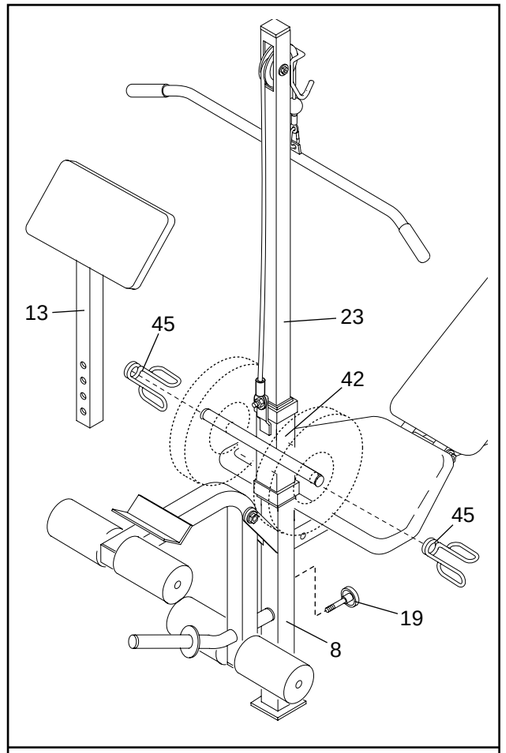
Slide the Curl Upright (13) or Lat Tower (23) into the Front Leg (8). Align one of the adjustment holes in the Curl Upright or Lat Tower with the adjustment hole in the Front Leg. Tighten the Small Threaded Knob (19) into the adjustment hole in the Front Leg.

ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Lat Tower (23), slide the desired amount of weight (not included) onto the weight tubes on the Weight Carriage (42). **Secure the weights with the Spring Clips (45, not shown).**

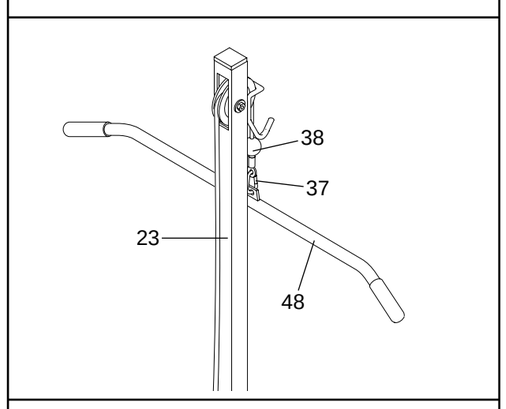
⚠ WARNING: Do not place more than 50 kg on the weight carriage. Always place the same amount of weight on each side of the weight carriage.

When performing an exercise during whilst sitting on the bench with your back to the lat tower, make sure there is plenty of space between your back and the weight carriage. Always lower the weight carriage in a controlled manner. Never let the weight carriage drop.



ATTACHING THE LAT BAR TO THE LAT TOWER

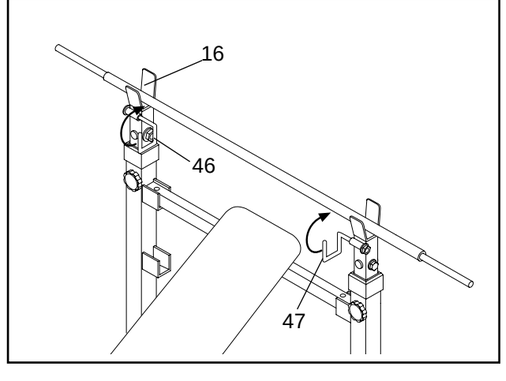
To use the Lat Tower (23), attach the Lat Bar (48) to the Cable (38) with a Cable Clip (37). Slide the Handgrips (43) onto each end of the Lat Bar (48).



USING THE BARBELL HOOKS

To change weights while your barbell (not included) is on the Weight Rests (16), secure the barbell with the Barbell Hooks (46, 47). To do this, flip the Barbell Hooks over the barbell.

This will reduce the possibility of the barbell tipping while you are changing weights.



Using the Weight Bench

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

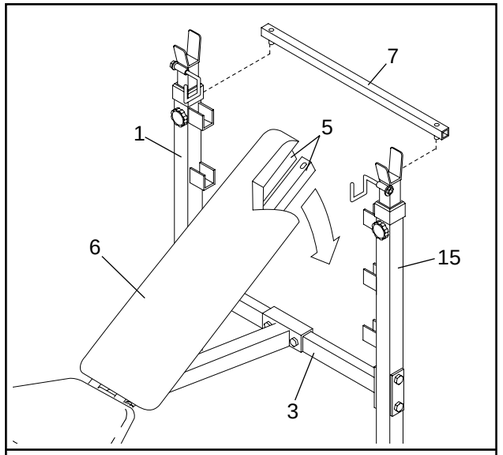
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a level position, two inclined positions or a declined position. To use the Backrest in a level position, first lift the Backrest. Insert the Support Tube (7) into the lowest set of adjustment brackets in the Uprights (1, 15). Lay the Backrest Tubes (5) on the Support Tube.

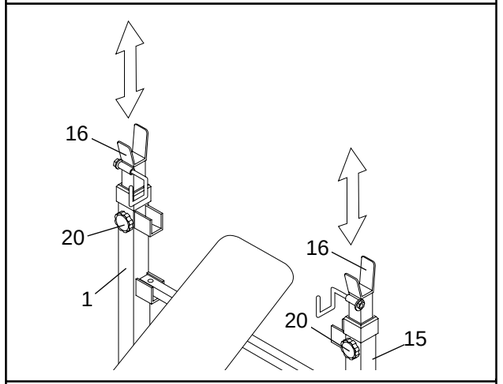
To use the Backrest (6) in an inclined position, first lift the Backrest. Insert the Support Tube (7) into one of the two upper sets of adjustment brackets in the Uprights (1, 15). Lay the Backrest Tubes (5) on the Support Tube.

To use the Backrest (6) in a declined position, lift the Backrest and remove the Support Tube. Lay the Backrest Tubes (5) on the Crossbar (3).



ADJUSTING THE WEIGHT RESTS

To adjust the Weight Rests (16), remove the Large Threaded Knobs (20) from the Uprights (1, 15). Move the Weight Rests to the desired height. Replace the Large Threaded Knobs.

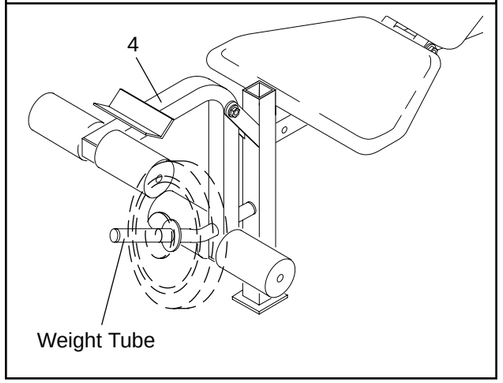


⚠ WARNING: Always set both weight rests at the same height. Each large threaded knob must always be inserted through both the weight rest and the upright and firmly tightened. Never tighten a knob into an upright and then set a weight rest in the upright on top of the knob.

ATTACHING WEIGHTS TO THE LEG LEVER

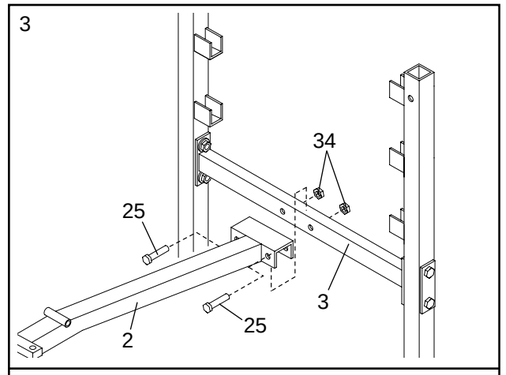
Note: Remove the curl upright or lat tower before using the leg lever (see the next page).

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube. **Secure the weights with a Spring Clip (45, not shown).**



⚠ WARNING: Do not place more than 22 kg on the Leg Lever (4) for normal use.

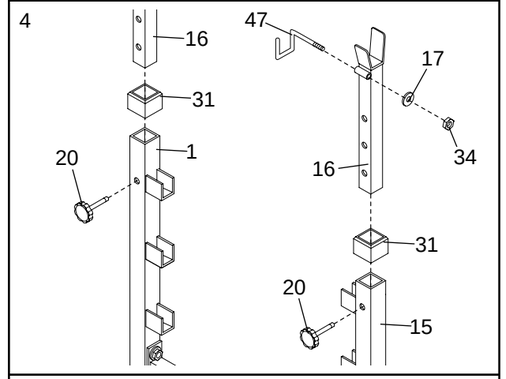
3. Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (25) and two M8 Nylon Locknuts (34).



4. Press a 50mm Square Bushing (31) onto each Upright (1, 15) and then tap the Bushings into place with a rubber mallet.

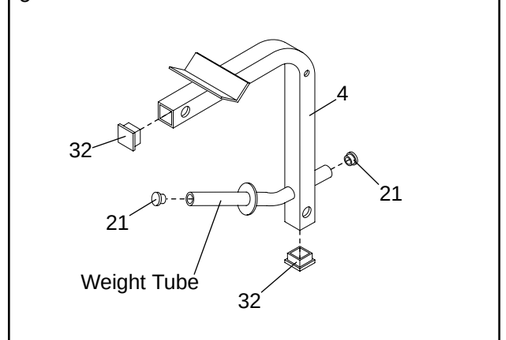
   Slide a Weight Rest (16) into the Right Upright (1). Align one of the adjustment holes in the Weight Rest with the adjustment hole in the Upright. Tighten the Large Threaded Knob (20) into the adjustment hole in the Upright. Attach the other Weight Rest (16) to the Left Upright (15) in the same manner.

   Attach the Left Barbell Hook (47) to the left Weight Rest (16) with an M8 Washer (17) and an M8 Nylon Locknut (34). **Note: Make sure that the Barbell Hook is on the inside of the Weight Rest.** Attach the Right Barbell Hook (46, not shown) to the other Weight Rest in the same manner.

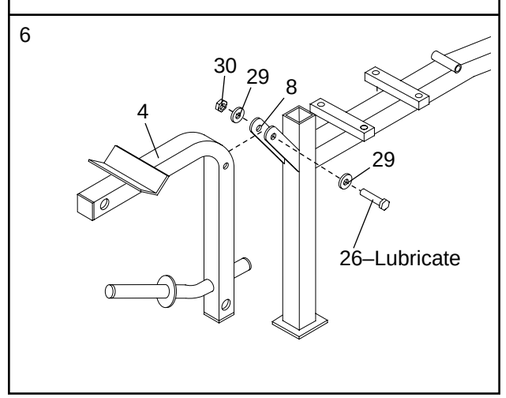


5. Tap a 38mm Square Inner Cap (32) into each end of the Leg Lever (4).

   Tap a 25.4mm Round Inner Cap (21) into each end of the weight tube.



6. Lubricate the M10 x 70mm Bolt (26). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt, two M10 Washers (29) and an M10 Nylon Locknut (30). **Do not overtighten the Nylon Locknut (30). The lever must pivot freely.**



7. Press two 19mm Round Inner Caps (33) into each Pad Tube (10).

   Insert the Pad Tubes (10) into the holes in the Leg Lever (4). Slide two Foam Pads (22) onto each Pad Tube.

8. Press a 1” Square Inner Cap (18) into the indicated end of each Backrest Tube (5).

   Attach each Backrest Tube (5) to the Backrest (6) with two M8 x 40mm Bolts (27) and two M8 Washers (17). **The Backrest Tubes must be oriented as shown.**

   Do not tighten the four Bolts (27) yet.

9. Press a 1” Square Inner Cap (18) into each end of the Support Tube (7). Set the Support Tube in the highest set of adjustment brackets on the Uprights (1, 15).

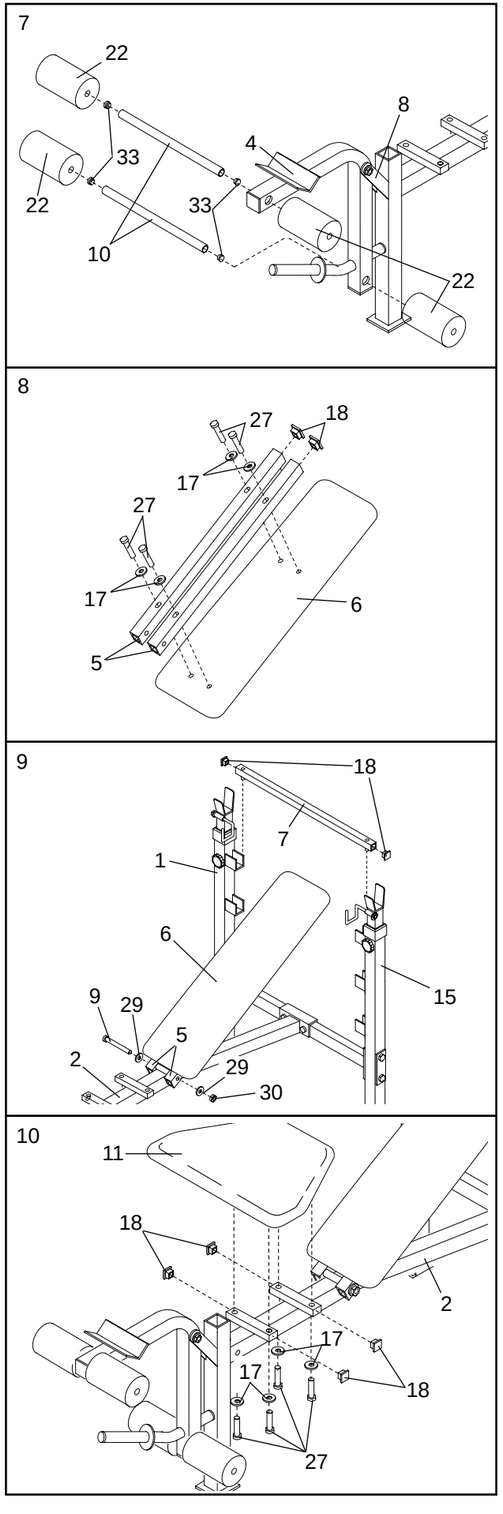
   Lubricate the M10 x 130mm Bolt (9). Attach the Backrest Tubes (5) to the Frame (2) with the Bolt, two M10 Washers (29), and an M10 Nylon Locknut (30). **Do not overtighten the Nylon Locknut.**

   Rest the Backrest (6) on the Support Tube (7).

   Tighten the four M8 x 40mm Bolts (27) securing the support tubes to the seat (see step 8).

10. Press two 1” Square Inner Caps (18) into each seat support bracket on the Frame (2).

    Attach the Seat (11) to the seat support brackets on the Frame (2) with four M8 x 40mm Bolts (27) and four M8 Washers (17).



11. Attach the Curl Pad (12) to the Curl Upright (13) with two M6 x 16mm Screws (24).

    Slide the Curl Upright (13) into the Front Leg (8). Align one of the adjustment holes in the Curl Upright with the adjustment hole in the Front Leg. Tighten the Small Threaded Knob (19) into the adjustment hole in the Front Leg.

    Note: The Lat Tower (see below) can be attached in the same manner.

12. Locate the Cable (38) and note that it has a loop on one end and a ball on the other. Slide the loop through the slot in the Lat Tower (23) from the direction shown.

    Place the Cable (38) in the groove of the Pulley (39) and attach the Pulley inside the slot in the Lat Tower (23) with the M10 x 52mm Bolt (35), two M10 Washers (29), two Pulley Spacers (40) and an M10 Nylon Locknut (30).

    Press a 38mm Square Inner Cap (32) into the top of the Lat Tower (23).

13. Press a Carriage Bushing (41) onto each end of the Weight Carriage (42). Press a 25.4mm Round Inner Cap (21) into each end of the weight tube on the Weight Carriage.

    Slide the Weight Carriage (42) onto the Lat Tower (23). **Make sure the Weight Carriage is oriented as shown.**

    Attach the loop on the Cable (38) to the bracket on the Weight Carriage (42) with a Cable Clip (37).

    The Lat Tower (23) can be mounted in the Front Leg (8) in the same way as the Curl Pad (see step 11).

14. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in USING THE WEIGHT BENCH starting on the next page.**